



## **New COVID-19 Support Groups**

***Every Wednesday beginning on January 6, 2021***

***77 South Main Street, New City, NY 10956***

Is the COVID-19 pandemic affecting your well-being? Would you like to talk with others about your experiences navigating the pandemic?

If so, come join us at a ***COVID-19 Support Group at VCS.***

COVID-19 has affected people in many different ways. Some of us are grieving, some of us are worried about the health of ourselves and our loved ones, and some of us feel isolated due to a lack of socialization. Others may feel especially stressed during this time and could be struggling with things like anxiety and depression. The support groups will give you the opportunity to express any thoughts and feelings you may have about the pandemic.

We will be running separate groups for ages:

- 14 to 17
- 18 to 24
- 25 to 30
- 31 to 59

The first six weeks of the support group are ***free.***

We are following all state mandated safety protocols in order to keep our staff and clients safe amid the COVID-19 pandemic.

If you would like to sign up for the support group or if you have any questions please contact ***Ileana LaGrutta*** at ***631-533-6338*** or ***ilagrutta@vcs-inc.org*** or ***Snathalia Supreme*** at ***845-243-0345*** or ***ssupreme@vcs-inc.org***